

5 Keys to Elevating Your Game – Part 2

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Last week we discussed three of the five keys to elevating your game. They were

1. Accept responsibility
2. Adjust your current standards
3. Become a threshold passer

Today, let finish up and then get out there and go to work!

Step 4 Get Comfortable Being Uncomfortable

"If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment." ~ Marcus Aurelius

Thresholds can be expressed in weights, like the 225 to 315 example, but a more difficult way to understand them is through perceived intensity. A classic test that is used in studies is the Rate of Perceived Exertion (RPE) test. This test is on a 0-20 scale (0 being easy and 20 being the most difficult) in which an athlete rated themselves on how hard they thought an exercise or activity was at a given time during the test.. As athletes are tested for studies, their perceptions were related to past experience with exercise and also training level. For example, a couch potato might think they were at 16 on the RPE scale while a runner might be at 3. Now granted, the physical shape of the two subjects would help to define the numbers as I stated, but even if that runner took years off, if they still had a higher standard for themselves through past experience, they would rate a lower number. Simply put, the RPE is about where you physically feel you are at, mentally how tough you are and the threshold you are prepared to tolerate as your ceiling. Understanding the RPE scale, what we are constantly trying to do with our athletes is manipulate their perception of the scale. Our training is designed to get them more comfortable where they were once uncomfortable. What once was an 18 for an athlete we want to become a 12 at the same intensity. As the athlete becomes more familiar with the pain and physiological changes at a certain physical level of exertion (not perceived level) his perception of how difficult it is gets reduced. So, by setting our standard so high during these sessions we have an expectation of how we should perform and pass through the necessary thresholds to get there. This demonstrates that sometimes changing how you think will get you to perform at a certain level and also that constantly performing at a certain level will change how you think. As you will see from Step 5, both perception manipulation and action are essential to take your game to the highest level.

Step 5: Now Do the Work

"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I shall have the belief that I can do it, I shall surely acquire the capacity to do it, even if I may not have it at the beginning." ~ Mahatma Gandhi

All of the above being said, even instantly changing perceptions doesn't mean your athlete is going to go in and double his or her previous weight on a lift. Everyone must remember that the physical changes must still eventually take place and that often takes more time than it takes to change your mind. The mind and the body can be seen like the yin and the yang in this case. There has to be a balance between the two. The mind and the body are completely interrelated. By changing your perception, you then give your body the opportunity to challenge itself at a higher level. At that point it is up to you to do the work. After this is done and adequate recovery occurs, the object is to then do it again. So, next time you go into the gym, I want you to accept responsibility for your current situation and start analyzing your current thresholds to see where your own perceptions may be holding you back. Once you find these, the goal is to create a new ceiling and rise above it. Now Get To Work!

**Remember to

1. Always plan ahead for what you are going to eat
2. Obtain adequate amounts of protein
3. Work on Flexibility
4. Supplement your diet with a fish oil and multi-vitamin

Let me know if I can help. Email me at architechsports@gmail.com

God Bless,

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